



AUGUST

GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM

2024

Monday -Friday 8 am - 1 pm 434 Prior Street, SE Gainesville, Georgia 30501 Telephone: (770) 503-3331

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In House Yard Sale for Family & Friends Date: August 22 (Thur.) Time: 10:00 - 12:00 Cost: \$5.00 per table, (unless you are donating proceeds to the SLC) * sale items must be clean * you must manage your own table</p>		<p>Reminder! *Lunched is served daily at the Senior Life Center for Members only at 11:30, unless otherwise posted. *Please call in your Meal Order on Mondays for the following week</p>	<p>8:00 Fellowship & Coffee 9:00 - 11:30 CANASTA 9:00 Massages by Kristi 9:00 B.P. Checks w/ Hall County Health Dept. 10:00 Sr. Council Meeting 10:30 Strength Training 12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee 9:30 Fit Friday Exercise 10:00 Bingo with Affinis Hospice 12:00 </p>
<p>8:00 Fellowship & Coffee 9:00 - 11:30 CANASTA 9:30 Spiritual Enrichment 10:30 Drum Fit 11:00 Golden Corral 12:00 August Birthday Celebration</p>	<p>8:00 Fellowship & Coffee 8:30 Senior Life Center Salon 9:00 Tap Fit Gold 9:00 Mexican Train Dominos 10:00 Garden Club 12:00 TUESDAY BINGO</p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 9:00 Chick-Fil-A Bingo 10:00 Computer Class 10:00 Gentle Yoga 10:00 Nail Painting 11:00 Lunch 12:00 Creative Dance</p>	<p>8:00 Fellowship & Coffee 9:00 - 11:30 CANASTA 9:00 Weight 4it  10:00 Beading 11:30 Healthy Minute 12:00 Food Bank</p>	<p>8:00 Fellowship & Coffee 9:30 Fit Friday Exercise 10:00 129 Salvage & Lunch at Puzzle Piece Pastries 11:00 Crossword Puzzles 12:00 CHEESE TOSS</p>
<p>8:00 Fellowship & Coffee 9:00  9:00 - 11:30 CANASTA 9:00 Dollar Tree 10:30 Drum Fit 12:00 Wellness Bingo</p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 10:00 Seated Zumba 10:00 Red Hat Sisterhood to Library & Lunch "Tips for Finding Your Female Ancestors" 12:00 TUESDAY BINGO</p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 10:00 Computer Class 10:00 Gentle Yoga 10:00 J&J Foods/ Park Avenue Thrift 12:00 Hall County Animal Services </p>	<p>8:00 Fellowship & Coffee 9:00 Weight 4it 9:00 - 11:30 CANASTA 9:00 Hand Massages by Kristi 10:00 Wooden Art Class 12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee 9:30 Fit Friday Exercise 10:00 Jaemor Farms 12:00 Bingo with Hamilton Place Personal Living</p>
<p>8:00 Fellowship & Coffee 9:00 - 11:30 CANASTA 9:30 Spiritual Enrichment 10:00 Word Search Puzzles 10:30 Drum Fit 12:00 Bingo Sponsored by: CIGNA Healthcare</p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 9:00 Latte of Love Café  10:00 Seated Zumba 10:30 Garden Club 12:00 TUESDAY BINGO</p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 10:00 Gentle Yoga 10:00 Computer Class 10:00 Happy Hour Bingo 10:00 Nail Painting 11:00 Lunch 12:00 Creative Dance</p>	<p>8:00 Fellowship & Coffee 8:30 Senior Life Center Salon 9:00 - 11:30 CANASTA 10:00 Yard Sale 10:00 Yarn Friends 10:30 Strength Training 12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee 9:00 Catfishing 9:30 Fit Friday Exercise 10:15 Farmers Market & Walmart  12:00 Humana Presentation</p>

26	27	28	29	30
8:00 Fellowship & Coffee 9:00 - 11:30 CANASTA 9:30 North Hall Bingo 10:00 Label Reading 10:30 Drum Fit 12:00 Wheel-of-Fortune	8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 9:00 Music Hour 10:00 Seated Zumba 10:30 Presentation & Bingo by: 1st Franklin Investment Center 12:00 Tuesday Bingo	8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 10:00 Gentle Yoga 10:00 Computer Class 11:00 Cooking Demo. "Cauliflower Pasta" 12:00 Birthday Celebration	8:00 Fellowship & Coffee 9:00 - 11:30 CANASTA 10:30 Strength Training 11:00 Caritas Hospice 12:00 Thursday Bingo	8:00 Fellowship & Coffee 9:00 Georgia Museum of Natural History in Athens, Georgia Picnic Lunch Included "All Day Outing"



@ccoagainesvillehall

"Please Remember to call Empire Transportation at the following number to cancel your ride if you do not plan on attending the Senior Life Center"
404-663-2721

Nutrition Program Information:

This is an Older Americans Act social and nutrition focused program designed for Hall County residents who are 60 and above. The membership is \$50 a year. Lunch and fun activities are provided. Transportation may be available for those who are no longer driving. Additional fees for some trips and special activities may apply. A registration process is required for participation and an appointment with a Senior Life Center employee to complete a brief nutrition screening. A member must participate in at least 1 lunch eaten in-center per week in order to participate in the program.

Our Mission is:

To provide older adults residing in Hall County with ever-expanding opportunities for personal enrichment through activities that promote health and well being, support an independent lifestyle, and encourage active involvement in the Center and the Community.